

A LITTLE TOO MUCH 'ALONE' TIME? WELLBEING (page 18)

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SOURCE: CAC Q4, 6 MONTH AVERAGE. PERIOD ENDING MARCH 31, 2011.

metræ

NEW YORK Wednesday, August 24, 2011

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Shaken

● 5.8 earthquake in Virginia felt up and down the East Coast ● Only weeks before 9/11 anniversary, tremor rattles nerves, revives memories of a city in panic {page 02}



News

Gaddafi's compound taken over

Rebels celebrate their gains in Tripoli But officials warn that fight isn't yet complete

Gaddafi still at large (page 06)

A split for Mr. and Mrs. Smith?

Will and Jada insist that breakup rumors are just that, rumors {page 10}





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"Terrorism doesn't start with a small vibration and quickly peter out, unfortunately.' MAYOR BLOOMBERG

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ABOUT HURRICANE



Panic in streets as surprise quake hits

New Yorkers flee skyscrapers as 5.8 temblor hits Virginia and is felt up and down the Eastern Seaboard Airports closed, trains shut down

New Yorkers fled skyscrapers in a panic vesterday, after feeling their office floors shake and desks sway.

Yesterday's 5.8 earthquake, which originated in Virginia, shook buildings from uptown to Wall Street, where the Trump Tower was evacuated and closed for the afternoon.

Within weeks of the 10th anniversary of 9/11, the quake also brought back unpleasant reminders of a city in crisis — tied-up phone lines, a lack of information and worries that the shaking might have been from a bomb.

Stockbroker John-Paul Yezzo said he immediately thought it was a terror strike.

"I was like, holy crap, hopefully this isn't an attack," he told Metro. "The immediate thought was 9/11. You can't not think about it."

Under his desk, he said, the floor was shaking. "There was panic in my office. You could see some a damaged building on terrified faces."

"I wasn't scared but I heard people saying they thought it was something

Ramifications

In Washington, the White House, Union Station and congressional buildings were evacuated.



- The tip of a spire crashed onto the steps at the National Cathedral.
- Two power plants in North Anna, Va., shut down automatically when the ground began shaking.

like 9/11, since we're so close to the anniversary," said Gavin Singh, 31, who works on Wall Street.

Мауог Michael Bloomberg announced only two reports of damage, both minimal and both in Brooklyn: a partial collapse of a chimney and the other Fourth Avenue.





Number of people who called 311 per hour by 4 p.m. yesterday. 311 typically receives 2,300 calls per hour, according to Mayor Bloomberg.

"I was on the 29th floor and looked out on Wall Street and saw the buildings shaking. It was definitely from more than just the wind." CHRIS WASIK, 28

least 600 miles away from the quake's epicenter. Seismic waves travel efficiently on the East Coast, seismologists say.

Safer in a high-rise?

NEW YORK. Whether they were on the eighth floor or the 58th, many New Yorkers were terrified to be trapped inside high-rises during yesterday's tremble.

But a modern high-rise may actually be safer than a smaller building, says Jerry Hajjar, chair of the engineering department at Northeastern University.

"High-rises are built to sway more on a regular basis due to wind," said Hajjar. "Compared to an old two- or four-story masonry walk-up ... those are much stiffer," and more susceptible to damage from a quake, he said.

For example, a new 30story building is designed to sway back and forth about 9 inches. It's not uncommon for buildings taller than 50 stories to sway a few feet, he said. • METRO/CB



What to do if you're in a high-rise

NEW YORK. What to do if you're in a high-rise and an earthquake hits?

"I would get under a desk so things don't fall on you," said Larry Brown, a Cornell University seismology professor. "Book cases, falling lamps, get away from those things."

As far as fleeing the building itself, in a serious quake you likely won't have time to get outside, said Brown, especially if you're high up.

"You obviously don't want to get in the elevator but it may not be a bad idea to go down the stairwell because stairwells are reinforced," he said. "In an urban environment, you are actually safer inside than out because of falling glass." @ METRO/CB

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Strauss-Kahn free: Judge drops case

● Judge agrees with Manhattan district attorney to drop the charges ● Maid will continue her civil suit

Dominique Strauss-Kahn left Manhattan Supreme Court a free man yesterday.

A judge dismissed the charges against him, agreeing with prosecutors who said they were no longer confident they could prove he was guilty beyond a reasonable doubt.

A last-ditch appeal by the maid's attorney to keep the case alive — asking for a special prosecutor to take the case — was also denied by a separate judge yesterday afternoon.

"Our job is to seek justice, not convictions at any cost," District Attorney Cy Vance said yesterday of his decision to drop the charges.



Attorneys for the former International Monetary Fund head maintained that a sexual encounter did indeed happen between the two, but it was consensual.

"This is the end of a terrible and unjust ordeal," Strauss-Kahn reportedly said yesterday. "I'm eager to return to my country."

After the hearing, Strauss-Kahn's lawyer, Benjamin Brafman, explained the distinction between criminality and perversion. "You can engage in inappropriate behavior, perhaps, but that is much different than a crime," he said.

Kenneth Thompson, the maid's lawyer, said, "We are disappointed that District Attorney Vance apparently does not believe in equal justice."





Challenge to honor the fallen

◆ Training continues for first-ever Civilian Military Combine ◆ 7-mile mountain run ◆ Metro Challenge winners tell why they're running

Why we train

As part of the Metro Challenge, we selected three New Yorkers out of the more than 100 who applied to train and compete in the first-ever Civilian Military Combine, a race and obstacle course to be held the weekend of Sept. 11. The combine is a seven-mile mountain run through the Pocono Mountains, with a military obstacle course positioned at every mile marker. We asked each Metro Challenge winner: Why are you doing this? METRO



Sean Rogers, left, one of the founders of the Civilian Military Combine, stands with Metro Challenge winner Sean Smith after a workout on Monday to train for the race.

Esther Carpenter

Carpenter currently works for the Parks Department, but dreams of one day becoming a police officer.

Age: 26
Height: 5 feet 6 inches
Weight: 125 pounds
In her words: "I'll be participating in support of the

FDNY Burn Center. This particular charity is so important to me and my family because my brother, Joseph Carpenter, is a FDNY firefighter in Brooklyn. I hope my CMC effort will in some way honor the 9/11 victims and their families, and reflect the respect I have for the 9/11 rescue and support teams."

Sean Smith

Smith worked on the floor of the New York Stock Exchange on 9/11. He lost 17 friends and family members, including his closest cousin, that day.

- Age: 35
- Height: 5 feet 9 inches Weight: 185 pounds
- In his words: "I'll be fundraising for the Semper Fi Fund, in honor of my father, and Memorial Sloan-Kettering Cancer Center and Hope and Heroes Children's Cancer Fund. I run in honor of the more than 17 people I knew that died on 9/11, and my father, a Marine, who died of cancer when I was a senior in high school."

Robert Hawthorn

Hawthorn is a recent Fordham University graduate who is honoring a family friend, Chris Wodenshek, who died while working at Cantor Fitzgerald on Sept. 11, 2001.

Age: 23
Height: 6 feet 1 inch

- Weight: 175 pounds
- In his words: "I'm training in order to bring awareness to the many obstacles that our servicemen and women have to endure once they return home. I believe it is the responsibly of the American people to stand together and give back to those who have given so much for our freedom."



Rebels celebrate but Gaddafi still defiant

Libyan rebels sacked Muammar Gaddafi's Tripoli bastion, seizing weapons and smashing symbols of a 42-year dictatorship whose demise will transform Libya and send a warning to other Arab autocrats facing popular uprisings.

Gaddafi said his withdrawal from his Bab al-Aziziya headquarters in the heart of the capital was a tactical move after it had been hit by 64 NATO air strikes and he vowed "martyrdom" or victory in his fight against the al- ness as saying that loyalist liance.

As night fell yesterday after a day in which rebels overran Tripoli, meeting little resistance with few casualties, heavy fighting was reported in a southern

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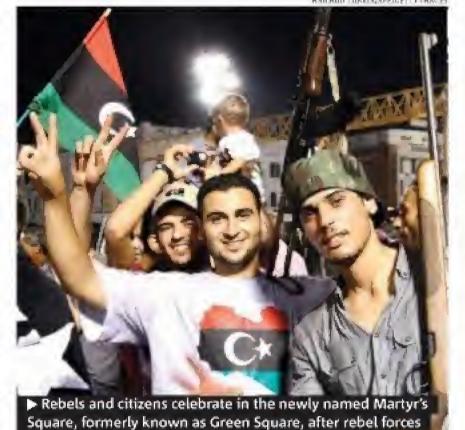
desert city, Sabha, that rebels forecast would be Gaddafi loyalists' last re-

Forces loyal to Gaddafi were shelling the towns of Zuara and Ajelat west of Tripoli, Al-Arabiya television reported.

In Tripoli itself, Reuters correspondents said there still appeared to be some hostile fire around the city center as darkness descended and looting broke

Al-Arabiya quoted a witforces had fired dozens of Grad missiles at the city.

The continued shooting suggested the six-month popular insurgency against Gaddafi had not completely triumphed yet. REUTERS



overran Gaddafi's fortified headquarters in Tripoli.

Saif's act didn't slow the rebels

DOHA. Muammar Gaddafi's son Saif al-Islam tried, but failed, to undermine rebel morale with his dramatic reappearance in the Libyan capital after being reported captured, a rebel council leader said yesterday.

Surrounded by cheering, gun-toting supporters, Saif appeared on the world's airwayes



being interviewed by Western media near a government-

controlled Tripoli hotel --proving wrong rebel reports that he had been detained.

Gaddafi's heir apparent, wanted on charges of crimes against humanity, was probably trying to capitalize on the rebels' gaffe in falsely reporting his capture. REUTERS

Chavez: Gaddafi still leader

CARACAS. Venezuelan President Hugo Chavez said vesterday he will only recognize a Libyan government led by his friend and ally Muammar Gaddafi and accused the United



States of inciting the country's civil war. Chavez,

who has been the most vocal world leader to support Gaddafi, accused Western powers of riding roughshod over international law by backing Libya's rebels in their revolt. REUTERS



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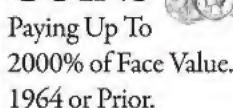
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1	Vacheron & Constantin \$26,000	
)	Chronograph Watches \$16,500	
)	Ladies Watches \$11,000	
) [Musical Watches \$37,500	
)	Pocket Watches\$52,500	
)	Regular Watches \$11,000	
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money

Comeback for the Camry?

TOKYO. Toyota Motor Corp. aims to rebound from three years of crisis with a new Camry, the top-selling U.S. car, as it speeds up factory lines slowed



an earthquake to regain sales lost to Hyundai Motor Co. and other carmakers.

The 2012, Camry has the best safety, handling and fuel economy among U.S. midsize sedans. The hybrid version averages 41 miles per gallon of gasoline a 24 percent increase, said Bob Carter, group vice president of U.S.

sales, Production starts today at Toyota's plant in Georgetown, Ky.

BLOOMBERG

New home sales sink

WASHINGTON. Sales of new U.S. homes declined more than projected in July to the lowest level in five months, indicating that the industry is struggling to stabilize two years into the economic recovery.

Purchases fell 0.7

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percent to a 298,000 annual pace after a 300,000 rate in June that was slower than previously estimated, figures from the Commerce Department showed yesterday in Washington. The median projection in a Bloomberg News survey of economists called for a 310,000 rate in July. BLOOMBERG

Saving Facebook: The social netwar



people this year globally.

Strategy is acquisitions, mobile as network hub plans to thwart its rivals OGoogle threat sparks action

Facebook, the world's largest social network, is planning acquisitions that will improve site design, keep service reliable and advance mobile features to stave off competition from Google and Twitter.

The company aims to make about 20 purchases in 2011, up from 10 last year and one in 2009, Vaughan Smith, Facebook's director of corporate development, said in an interview.

Facebook is betting that a focus on design will entice people to spend more time on the site, while adding mobile services that can

cater to the growing number using handheld devices. As it grapples with competition from Google and Twitter, Facebook also must bolster its system so the site runs smoothly amid rapid growth. The company has

Web search leader Google launched social-networking service Google+ in June. It has already attracted 29 million people by the end of July, according to ComScore Inc.

The cost of growth

As new features pile up, Facebook needs to manage its user-interface design, said Josh Bernoff, analyst with Forrester Research.

"The challenge is that Facebook does a lot more things than it used to," he said. "To get that all to be easily navigable is not simple."

made 13 acquisitions so far this year, including adding a mobile group-messaging service it rolled out to users this month.

Facebook makes money from advertising and by taking a commission when software developers sell virtual goods on the site. As a closely held company, Facebook doesn't disclose financials. A person with knowledge of the matter said in May that the company is likely to generate more than \$2 billion in earnings before interest. taxes, depreciation and amortization this year. BLOOMBERG





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WEDNESDAY, AUGUST 24, 2011

East Coast on alert for Cat. 3 Irene

The strengthening hurricane Irene poses a potential threat to the entire U.S. East Coast from Florida to New England, U.S. officials said yesterday as forecasters tried to predict where the powerful storm might hit over the next week.

U.S. Federal Emergency Management Agency Administrator Craig Fugate and National Hurricane Center Director Bill Read issued the warning as Irene swept up from the Caribbean on a northwest track toward the States.

"We're going to have a very large tropical cyclone move up the Eastern Seaboard over the next five to seven days," Read said.

Brewing storm

Irene was expected to become a major Category 3 storm, with winds over 111 mph, by today. It could possibly intensify further to a Category 4 as it nears the southeast U.S. coast by Friday.

The FEMA chief said residents all along the East Coast should be alert not only to a potential direct landfall but also to the risk of torrential rains, high winds and flooding that Irene could bring.

"We're saying the entire East Coast," Fugate said.



Winehouse test: No illegal drugs

LONDON. Toxicology tests showed there were no illegal substances in British singer Amy Winehouse's system when she died last month aged 27, her spokesman said yesterday.

In a statement, he added that alcohol was present, but that it could not be determined what part, if any, it played in her death.

"Toxicology results returned to the Winehouse family by authorities have "Results indicate that alcohol was present but it cannot be determined as yet if it played a role in her death." SPOKESMAN

09

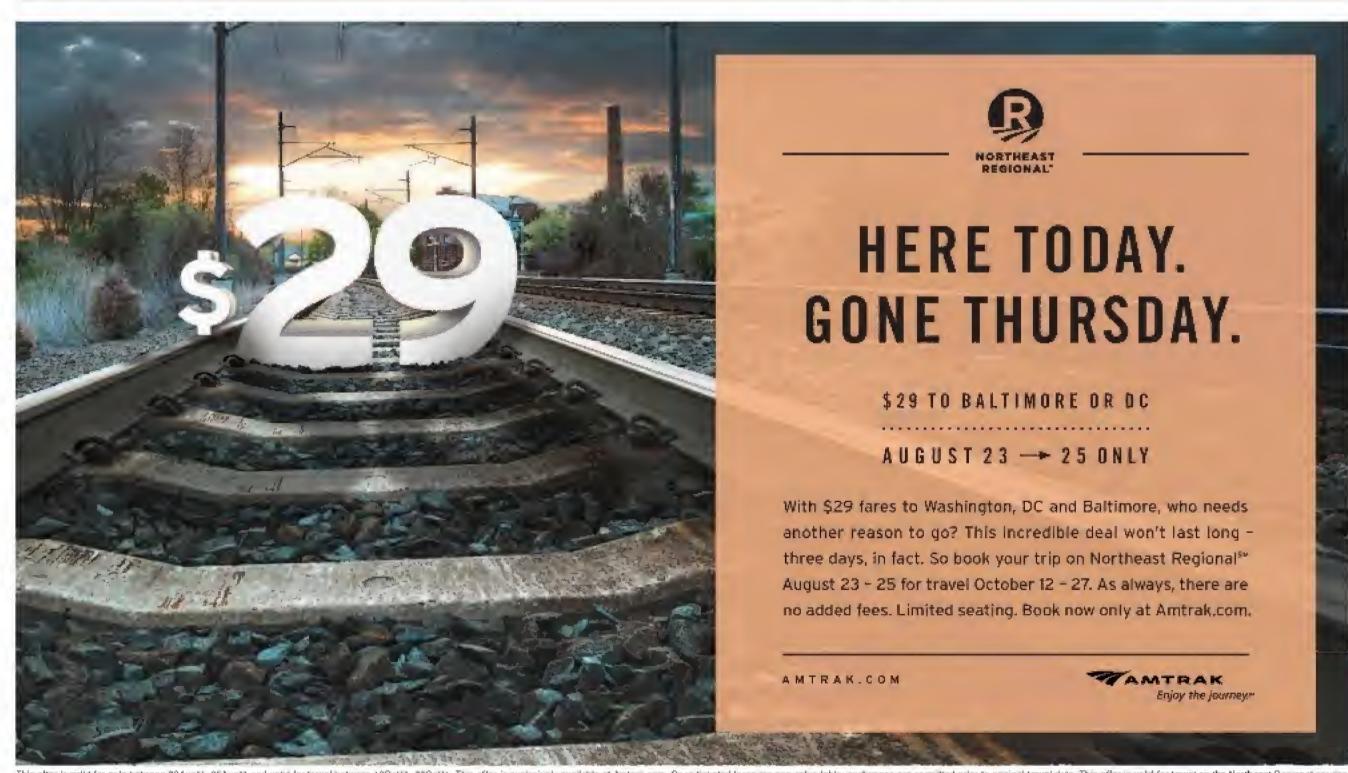
confirmed that there were no illegal substances in Amy's system at the time of her death," the statement read, REUTERS

Palin: I'm the decider

washington. Former Alaska Governor Sarah Palin yesterday shot down speculation that she is close to deciding whether she will jump into the 2012 presidential race, after projections that she

would announce her plans during the Labor Day holiday weekend in early September.

The 2008 Republican vice presidential nominee has flirted for months with entering the race for the party's nomination to oppose Democratic President Barack Obama next year. REUTERS



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Metro's Dorothy Robinson shares her take on the world of gossip **b** @dorothyatmetro dorothy.robinson@metro.us

Will and Jada: Still just the two of them

Checking in with some of Hollywood's biggest names to see what they've been up to - in their own words, in 140 characters or fewer.

The feed

Kristen Bell is getting a kick out of flying, Jamie Kennedy is sharing his wisdom, Kirstie Alley is not a fan of remakes and Conan O'Brien knows what he likes.

► MIMKristenBell

The stewardess just included calculators in her list of devices that must be powered down for take off. And she said it in all sincer-

▶ AlamieKennedy If you see a ruler in a

gas station bathroom ... don't touch it.

► **(A)** kirstiealley

The day some studio decides to remake To Kill A Mockingbird ..imma kill all the mocking birds on earth. Thatll show em....er..that I'm nuts

► (A) ConanOBrien

I like my women the way I like my coffee. Yup, Hike blonde slutty coffee with low self. esteem.



If you are to believe In Touch Weekly (and that's a big "if"), Will Smith, 42, and wife Jada Pinkett Smith, 39, are separating. However, tabloid's website doesn't offer much verification for the. Their brief write-up only states:

"After 13 years of marriage, Will Smith and Jada Pinkett Smith have decided to separate, an insider tells In Touch Weekly exclusively. ... For more on this breaking news story, pick up this week's issue of In Touch Weekly."

A ploy to sell copies of the magazine? Totally! After day-long speculation by many media outlets, the famous couple sent out this joint statement: "Although we are reluctant to respond to these types of press reports, the rumors circulating about our relationship are completely false. We are still together."



www.metr .us **MORE GOSSIP**

WWW.METRO.US/WORD DOROTHY ROBINSON'S WORD BLOG

The pair, long considered one of Hollywood's most successful couples, have children together, two Jaden, 13, and Willow, 10. Smith has an 18-year-old son, Willard Christopher his first wife. Trey took to strangers.

Twitter to shut down the rumors. "#WillandJada split? No they did NOT split! False information ... its not true RETWEET!!!"

As this is not on Twitter, feel free to cut out this arti-Smith, known as Trey, with cle and distribute at will to

A cruise with bite

Here's something only the most hardcore "Twilight" or "True Blood" fans would sign up for — the recently announced Alaskan cruise Vamps at Sea: A Vampire Convention at Sea. Per the press release, the cruise will be a way for vampire aficionados to meet special guests, including "Dracula The Undead" author Dacre Stoker — the great-grandnephew of "Dracula" author Bram Stoker. Activities include a Vampire Ball, costume contest and auction for charity (proceeds going to the Blood Donor division of the American Red Cross).

Shore excursions apparently include zip-lining, duty-free shopping and sucking on



Talking points

No guest role for Richards

Denise Richards reportedly turned down a guest-starring role on the season premiere of "Two and a Half Men," the show from which her exhusband, Charlie Sheen, was fired, according to TMZ. Sources close to the show say producers wanted Richards to appear alongside new series star Ashton Kutcher, but Richards told them she wouldn't do it, as "she would



never hear the end of it from Charlie."

Beckham is still in flats

Victoria Beckham is recovering from a slipped disc in her back, and appeared in public for the first time since the problem developed — and she wasn't wearing her trademark high heels, according to Us Weekly. It's been speculated that the slipped disc was caused at least in part by Beckham's insistence to wear stilettos during her recent pregnancy. "Thank you for your kind messages," Beckham posted on Twitter recently. "I'm

feeling much better and enjoying every precious minute with baby Harper. I'm so in love."

Why don't you want Pitt's property?

Brad Pitt is looking to unload his four-bedroom, 4,000square-foot Malibu estate, according to Hollyscoop. The home boasts a massive kitchen, three fireplaces and a tennis court, as well as steps down to a private beach. The property was recently approved to have an additional floor built on as well. Pitt is asking \$13.75 million for the property.



Strutting their stuff for the red carpets from coast to coast

- 1: Kelly and Sharon Osbourne attended the screening of "God Bless Ozzy Osbourne" to benefit the Musicares Map Fund on Monday in Hollywood. One notable exception to the red carpet? Ozzy himself. No reason was given for his no-show.
- 2: Taylor Lautner saw his name in lights at the "Abduction" Sydney premiere at Hoyts Cinemas on Tuesday in Australia.
- 3: Zoe Saldana attended the Miami Red Carpet Screening of TriStar Pictures' "Colombiana" at Regal South Beach in Miami on Monday.
- 4: Singers Jessica Jarrell (left) and Cody Simpson appeared during a performance and fashion show for Pastry Shoes at the Fashion Show mall on Monday in Las Vegas.

5: Helen Mirren attended a screening of her new film "The Debt" at the Tribeca

Grand Hotel screening room on Monday in New York

6: Anne
Hathaway dazzled in white at the European premiere of "One Day"
at The Vue Westfield on Tuesday in London.

3 DASON MERBITTOCETTP IMAGES
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In 'Bitter Herbs,'

myentertainment

no olive branch



Curmudgeonly Olive irritates her fellow characters, but never the audience in the Primary Stages premiere of Charles Busch's comedy

rotchety and cranky when she's not being downright nasty, Olive (Marcia Jean Kurtz) is a piece of work. Best known as the "gimme the sausage" lady in the classic television commercial, she alienates just about every living human she meets but has somehow managed to attract the soul of the late Howard, a weekend drag queen, to inhabit her mirror in Charles Busch's "Olive and the Bitter Herbs," at 59E59.

But then everyone's attracted to her mirror, from Wendy (Julie Halston), a good soul who helps the aging Olive navigate her life, to Trey (Dan Butler) and Robert (David Garrison), the gay couple that lives next-door. Only Sylvan (Richard Masur) is indifferent to the lure of the looking glass, perhaps because he's so drawn to Olive herself.

Director Mark Brokaw keeps his tight-knit cast remarkably focused. Kurtz rules the roost as Olive she dominates her living

If you go

'Olive and the Bitter Herbs' Through Sept. 3 59E59 59 E. 59th St. \$65, 212-279-4200 www.primarystages.org

room, where the entire play takes place — but has lots of support from an amazing cast. For all her ill humor, Kurtz's Olive is never grating — at least not to the audience. (The characters in the comedy would surely tell you otherwise.)

Unlikely coincidences abound and seem perfectly in keeping with the reality of the play in classic Busch style. If it doesn't quite reach the heights of "The Tale of the Allergist's Wife," it comes close and is very much in its spirit. The humor is consistent and intelligent, and the plot is engaging throughout.





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What we're into

Next month: PostSecret goes mobile

PostSecret started as a simple project: Anonymous participants were asked to send founder Frank Warren postcards containing secrets. More than six years later, he still receives hundreds of secrets a week - some playful, some hopeful, some devastating — and has published selections in five best-selling books. While the physical, often beautifully designed postcards are undoubtedly part of the charm, the upcoming Post-Secret mobile

app adds another interesting layer: Readers will now be able to respond to the secret-sharer. It's a curious feature for a project that thrives on smail mail and anonymity, but if smartphones have taught us anything, it's that both are endangered species.

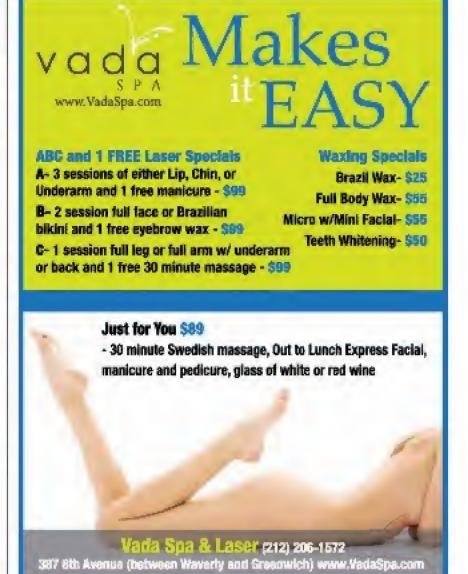
In October: International Sake Day

We've always thought that the fall could benefit from a sanctioned drinking holiday. Enter International Sake Day, which — according to quite possibly our

favorite press release of the week — is celebrated on Oct. 1. Who decided this, when did it come into existence and what are the customs? Less questions and more sake bombs, grasshopper.

• MONICA WEYMOUTH





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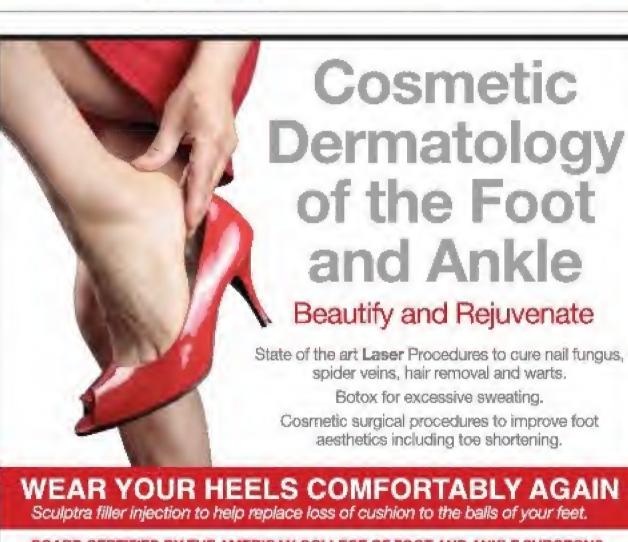
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TRAS PATTOKURBANG TV watch list

▶ The judges are back on "Top Chef Just Desserts."

'Top Chef Just Desserts'

REALITY. Last course takes center stage as the confectionary battle, again hosted by "Top Chef" judge Gail Simmons, kicks off its second season. Season premiere, 10 p.m., Bravo

'The Hour'

DRAMA. Ratings are down and reviews are terrible for the new BBC news program. But everyone looks so good in those vintage clothes! 10 p.m., BBC America AMBER RAY

MTV2 must-see

Fantasy finally becomes reality when the Lingerie Football League returns to MTV2, live every Friday night this fall. This is anything but powder-puff it's women's professional tackle football with 12 teams fighting for a shot to play in the Lingerie Bowl. These players train hard, tackle harder and play to the whistle. Season kicks off this Friday at 10 p.m., live on MTV2.

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Watching the Wax Museum come to life

Boston band are at 'an exciting turning point' With 'Everything Is Saved,' everyone is singing along

David Wax Museum are in that beautifully hectic state of incline where they say yes to almost everything that comes their way, and it seems they're fulfilling the title of their most recent alburn, "Everything Is Saved."

"For many years we were booking all the shows oursays frontman David Wax. "I think that now opportunities are coming knocking and it's just too hard to turn them down."

His partner in song, Suz Slezak, says it's been refreshing to transition from being an opening band that people happen to catch to a band that audiences get there on time to see.

"It's really a new realm to be able to go to a brand new city and have people singing along to our songs," she says. "That did not used to happen. So that's an exciting turning point."

The band began in Boston in 2007, shortly after Wax returned from the Mexican countryside, where he had begun a yearlong musical fellowship. What he brought back with him were deeper understandings of and a love for the rhythms and instruments of that area. His enthusiasm was so contagious that when he recruited Slezak, who primarily played fiddle, he convinced her to invest in an instrument called a quijada, which is an actual donkey jawbone.





David Wax Museum perform as part of the Dave Matthews Band Caravan Saturday at 1 p.m. on Governor's Island. For details, visit www.bowerypresents.com.

Singing a Picasso

Wax takes a learned approach to songwriting that straddles Mexican and American cultures. Lyrically, he doesn't always draw from his own experience though.

The infectious "Born with a Broken Heart," which is one of the songs that gets the crowd singing along in a celebratory fervor, comes from a concept that Wax read about in a Saul Bellow book.

"I think that the song can sometimes be more honest and have some deeper kernel of truth if you're able to take yourself out of it," he says. "You see a painting of something and it looks exactly like a photograph of the thing, but then you see a painting of something and it's all distorted, an Impressionist or Picasso version something about that captures the truth of what you're looking at in a different way."



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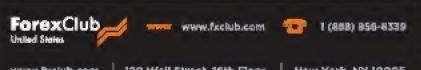
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Anton Yelchin trades a diploma for a crossbow

• The actor is eager to move beyond playing high schoolers • But he couldn't pass up the role of a young vampire hunter in 'Fright Night'

Anton Yelchin's boyish looks are working against him. "I am not necessarily attracted to playing high schoolers anymore. Like, I got pretty over it," he says. "I haven't been to high school in five years."

While his character in his latest film, "Fright Night," is a high school student, he's quick to point out that's not a major plot point. In fact, once the action gets going — Yelchin's Charley discovers his smooth-talking neighbor Jerry (Colin Farrell) is actually a vampire — it doesn't matter how old Charley is

No method necessary

Co-stars Yelchin and Farrell

didn't feel the need to stay away from each other offcamera to master their dynamic, though some actors might've gone the method route. "I've never really done that ... unless I felt like I couldn't do this without just staying in [character]," he says. "We seemed to get along pretty well. We definitely weren't like, 'You stay in one corner, and I'll stay in another one."

as much as how scared be is, which was a major focus for Yelchin. "It adds to Jerry's menace," Yelchin says. "The more freaked out he is, the more serene lerry can be and the more menacing he can be. Because you are Charley, you're the one that's getting freaked out that something's going to happen."

As Charley, Yelchin got to play some dress up, donning an impressive homemade vampire-hunting suit late in the film, something he'd be delighted to see fans wearing at next year's Comic-Con. "They will very

quickly discover how uncomfortable that outfit is," he says. "It was so hot. It's fireproof. I don't even know what that material is. It might as well have been bulletproof, too. It looked cool. At the end of the day, that's all that matters."

Comfort aside, the suit offered some logistical issues: "You have to pick and choose the hours that you're going to go to the bathroom," Yelchin says. "It was a b-, but it was fun."





can be seen in "Fright Night," in theaters now.





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Fall bridal line from Loeffler Randall Otina CHADHA lina.chadha@metro.us

o much importance is placed on the grown a bride will choose for her big day, but what about the footwear?

"A good bridal shoe is something that is totally 'you.' You need to feel like yourself on your wedding day and be able to express your own individual style," says Jessie Randall, founder and creative director of Loeffler Randall, who launched her second bridal collection yesterday. "Our bridal line has the same

spirit as our regular collection - they are modern and feminine with an edge."

But unlike regular says Randall, shoes, "Bridal shoes are really special. So I keep that in mind while designing

take your breath away." Leaving us breathless this season are styles including a blush version of her hip, pointy-toe booties, sexy blue velvet lace-up stilettos, metallic lizard-printed pumps and satin heels

them. They have to

topped with a feminine rosette. The best part: The collection is so non-bride-y that you don't need to be a future Mrs. So-And-So to add them to your arsenal.



Her own wedding

"I got married before starting my company, so I wore a beautiful pair of pink Stella McCartney heels," says Randall. "The takeaway from my wedding was that the shoes need to be really special and you have to absolutely love them, as I did mine."



The bridal collection ranges from \$450-\$625.

Pack-man chic

Join the fashion pack with an accessory that's cool and yes, practical. These man-bags are a stylish alternative to that old gym freebie or hiking holdall. @ RICHARD PECKETT



The products

1. Topman Altitude Rucksack, \$60,

www.topman.com You didn't really think you'd be scaling a mountain with this on your back. This natty, retro bag is perfect for packing away your iPad, notebook and any other thing you may need to carry.

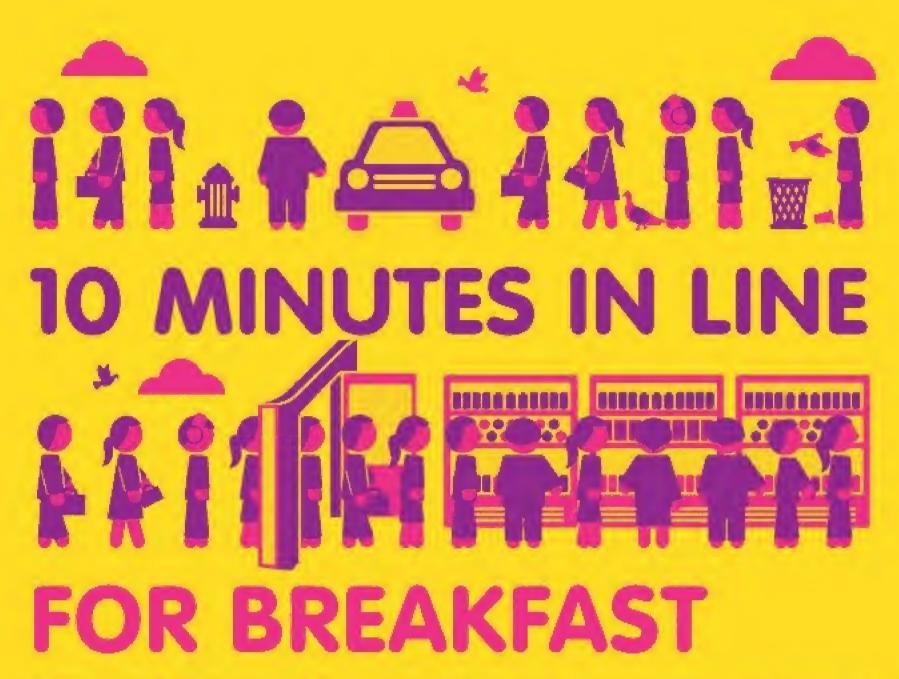
2. Cambridge Satchel Company 15" backpack

\$240, www.asos.com Yes, it's incredibly quaint and British. It's more in line with academics cycling to and fro than the hustle and bustle of city life. But hey, that's part of this heritage

3. Filson messenger bag, \$240,

satchel's charm.

www.mrporter.com The buffalo check brightens up any outfit from a suit to jeans and a T-shirt.







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Should you worry about your partner's self-lovin'?

Masturbation is totally healthy and normal, says psychotherapist Jonathan Alpert • The conversation to have if it's getting in the way of sex

Thile many view masturbation as perfectly healthy, normal act, others disagree. There are many reasons your boyfriend may masturbate. Some of the benefits are to relieve stress, induce sleep and help you become more aware of your sexual likes and dislikes. And, it's a safe, efficient sexual outlet where one can fantasize.

The apparent rift his hand has caused in this relationship is worth exploring. Your belief that he's cheating, frankly, is ludicrous. He's not cheating, but rather participating in a

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The question

My boyfriend masturbates all the time. He has no problem doing it around me and it seems our sex life has declined as a result. For various reasons, I really think it's wrong and don't understand why he does it. I feel he's cheating on me in a way.

self-contained pleasure-inducing activity; one that he knew long before meeting you. Personalizing his masturbation and seeing it as rejection paints him as a bad guy and doesn't lead to a healthy exploration of the role you play in improving the relationship.

Your sex life may have declined as a result of his masturbation. In his mind, the quality of sex may be lacking and that is leading to his increased masturbation. Have an open and frank discussion with him and take a look at your respective drives and the quality, excitement and fre-

quency of sex. Tweaking these areas may improve compatibility and make him less reliant on self-stimulation. Finally, view masturbation as your friend rather than foe and open your mind to the benefits outlined above, which could enhance your sex life. You might even find mutual masturbation to be both satisfying and an additional way to connect.

 Jonathan Alpert is a licensed psychotherapist. E-mail him your questions at jonathan@jonathanalpert.com

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Why you should hit the farmers market

If there's one thing that Chris Leahy looks forward to, it's shopping at New York City's Union Square "Nothing Greenmarket. beats walking in and seeing the first strawberries of the season or all the corn or tomatoes," the executive chef at Manhattan restaurant Lyon enthuses. For him, fresh, locally farmed produce has the best flavor. "It's been fully ripened naturally, and some of it is even picked that morning. You can taste it in the produce."

Dietitian Gloria Tsang,

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founder of nutritionist network HealthCastle.com and author of "Go UnDiet," says there's another reason why fresher is better.

"Think about how it grows on a vine or plant. How do the vegetables and fruits get their nutrition? The longer it stays on the mother plant, the more vitamins it gains. If it's picked

when the plant is fully ripened, it has more nutrition. With produce that's grown in [say] South America, it's picked green and gassed later to ripen it. Then it sits in storage."

Storage adds further damage to fruit and vegetables. Once picked, exposure to light, air and heat means vitamins and minerals start to be destroyed, even at a farm stand. For optimum nutrition, Tsang says, "Shop early in the morning: There's less damage from sunlight and they have been handled less."



Your market shopping list

Tsang's

recommendations:

 Buy now: summer berries and fresh herbs (freeze some for winter)
 For fall: beets, broccoli, cranberries, pumpkins, squashes

Leahy's recommendations:

▶ Buy now: corn, heirloom tomatoes (like Brandywine, chocolate and cherry), items to pickle like Kirby cucumbers and onions ▶ For fall: apples, quince, Concord grapes, butternut squash







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Today in medicine

Celiac disease on the rise in the U.S.

Study subjects: Adults Location of study: U.S. Results: "Nearly five times as many people have celiac disease today than they did during the 1950s," reports the International Business Times. "The rate of celiac disease has doubled every 15 years since 1974. The disease is now believed to affect one in every 133 U.S. residents," the article said. Significance: "Researchers believe that celiac disease is increasing for the same reason other autoimmune diseases are on the rise: because of our overly clean and sanitized Western environment," concluded the

Longevity and a supportive workplace

Study subjects: 820 adults (average age: 41) who worked 8.8 hour days for about 20 years Location of study: Israel Results: USA Today reports:

"Employees who reported low social support at work were 2.4 times more likely to die during those two decades, compared with their colleagues who said they had a good social support system in the workplace. ... The modern workplace often lacks a supportive environment.

More and more

Americans

have to turn away

from this.

Many people telecommute; others communicate via email even if they are in the same office."

Significance: USA Today quoted one of the study's authors as saying, "Work should be a place where people can get necessary emotional support."

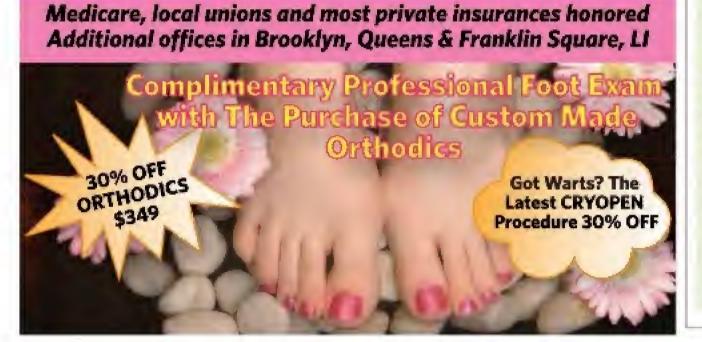
Exercise and health

Study subjects: 416,175 men and women

Location of study: Taiwan Results: The Lancet reports that a study placing participants into different categories based on their exercise levels found those "who exercised for an average of 92 minutes per week, or 15 minutes a day, had a 14 percent reduced risk of allcause mortality" and a life expectancy that was three years longer.

Significance: Regular exercise is said to expand one's life span.

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top of your head on the

your toes and straighten

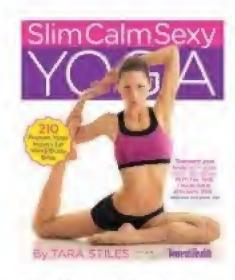
your legs so your hips are

over your shoulders. Stay

breaths, and rest in child's

here for 10 long, deep

mywellbeing



Yoga for a hangover

◆ Tara Stiles is more of a gangster yogi than the soy latte/veggie burger kind of girl ◆ Deepak Chopra's yoga teacher and the author of 'Slim Calm Sexy Yoga' teaches us how to bounce back to life after an all-out drink fest

From heavy-headed to clear-minded

If last night was a heavy one and you've woken up with a set of drums instead of a brain, the last thing you may want to do is get up and work out. But according to yogi Tara Stiles, completing about 10 minutes of a simple yoga sequence is enough to get you feeling a bit better. "Just go easy and take it slow," she says.

"These moves get the blood flow going, and the twisting helps detox the liver. You will alleviate the ailments in the body and stimulate the nervous system," she explains.

Wringing out the alcohol

One alcoholic drink is metabolized in about one hour, so the amount still lingering in your system will depend on how much you drank. The sequence will help burn off a few extra calories, and will stimulate the release of endorphins - your feelgood hormones. "The main thing is to focus on the breath, not necessarily getting into the finished version of the pose," suggests Stiles.



Top three poses

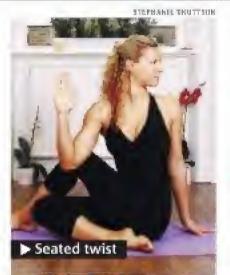
for your hangover

Seated easy twist
The twisting nature of this pose stimulates the liver and the kidneys and pushes the alcohol on its way out of your body. It energizes the spine and stimulates digestion. All this squeezing out is great for

After a heavy night, this pose calms the brain and rejuvenates tired legs.

Overall benefits include a reduction in anxiety, fa-

detoxing.



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WELLBEING

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- My ankles are swollen most of the time.

Joint Commission

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Letters

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Justice failed women victims

The dropping of the attempted rape charges against Strauss-Khan is a tragedy to the entire justice system and sends the wrong message to rape victims everywhere. Regardless of this particular victim's past, it has nothing to do with the present and the crime that has been committed here. JONATEAN PERRY, VIA E-MAIL

Some things never change

RE: "PLENTY TO JUDGE IN OBAMA REIGN": Ricardo

Cummings said that nothing has changed since Bush messed things up. In 2008, America, Europe and Asia were all on the verge of financial collapse. In 2009, Obama changed that! I wish Republicans would stop rewriting history. DANIEL CANTOR, VIA E-MAIL

Airlines treat us like animals

RE: "SOME ALLOWED TO PEE IN FLIGHT": This is an embarrassment to both the airline and the passenger. This man was not a terrorist threat, he was not drunk and disorderly. The

cabin crew could have handled this situation humanely. Instead they forced the passenger to do something over which he had no control.

EDWARD JONES, MANHATTAN

Tea Party is the answer

With all the talk about how the Tea Party is our mortal enemy, I must remind the "American Idol" crowd that the reason we're so bankrupt is because it took too long to create the Tea Party. Who do you think brought us to where we are now? To paraphrase the Nazi Joseph

Goebbels: If you tell a lie big enough and keep repeating it, people will eventually come to believe it; it thus becomes vitally important for the State to use all of its powers to repress dissent. Maybe that is why the press fear Palin, Bachmann and Ron Paul. to such a hysterical degree!

JOSEPH DUPONT, VIA E-MAIL

Earthquake? That's rapture

With the bad economy in addition to the blizzards, heat waves, hurricane level winds and earthquakes we've experienced recently, that guy who predicted the Rapture doesn't seem that crazy anymore! Finally I can believe my girlfriend when she tells me the Earth moved! DAVID DIBELLO, BROOKLYN

Horoscope

IV Virgo Aug. 23-Sept. 22. Because you can't change a sensitive friend Into someone a bit tougher, remember to be tactful when around him. or her, It'll be worth not having to cope with wounded feelings.

Libra Sept. 23-Oct. 23. If you try to take all of the credit for something. that you and several others played a role in accomplishing, don't expect your cohorts to have anything favorable to say about you.

M. Scorpio Oct. 24-Nov. 22. Remember that your friends have a right to express their own opinions, even if their ideas are contrary to yours. They can think for themselves.

₹ Sagittarius Nev. 23-Dec. 21. Be both thoughtful and cautious in your financial dealings. Unless you take the time to think before you leap, you could make mistakes.

V Capricom Dec. 22-Jan. 19. Do your best not to get fied down working with someone who can't understand the value of teamwork. The wrong partner could gum the works. Aquarius Jan. 20-Feb. 19. Duck! All those distasteful chores you've been shoving under the rug might get thrown at you. Organize your affairs so that you can do the most im-

H Pisces Feb. 20-March 20. Avoid groups or cliques that contain certain types who think they're better than everybody else. There are plenty of people out there who'll do their best to make you smile instead. The Aries March 21-April 19. Allowing outsiders to get involved in your family affairs is asking for trouble. Restrict your communications to members of the clan only.

Taurus April 20-May 20. There is a good chance you could let go and level a few choice words on someone who has been bugging you for far too long. The relief will be welcome, but the hurt may still linger. II Gemini May 21-June 20. The best way to remain cautious with your financial affairs is not to go windowshopping. If you must head to market, stick to stores with necessities. Gancer June 21-July 22. If you and your special someone are not satisfied with the way the relationship is going, spend some time together sorting things out. Be willing to do your share and more, if necessary. Ω Leo July 23-Aug. 22. If co-workers are making your day more difficult than need be, you should either speak up or be prepared to cover up their ineptness. Regardless of which you choose, be diplomatic about it.

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- 42 Lab compound 43 Thorny shrub
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- 56 Laird's attire 57 Was, to Ovid 58 Nevada town



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SUDOKU LEVEL: EASY

Solution to yesterday's

crossword

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

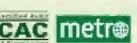
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Dropping like flies



• Add Austin, Witherspoon to list of Giants done for the year • Coughlin: 'Have to push ourselves through'

While the greater New York City area was feeling the effects of an earthquake, inside Giants headquarters they were experiencing their own tremors.

Fresh off Monday's impressive - yet costly win, Big Blue found out that besides starting cornerback Terrell Thomas's toru ACL, his backup, Brian Witherspoon, suffered the same injury. Thomas, who's in the final season of his contract, was put on injured reserve, while Witherspoon was placed on the waived-injured list.

If that wasn't bad enough, prized secondround pick Marvin Austin also appears to be out for

Number of cornerbacks the Giants currently have healthy and in camp. They've lost Thomas, Witherspoon and rookie Prince Amukamara.

the year with a torn left pectoral muscle. Sometimes players can play through the pain, but according to head coach Tom Coughlin this doesn't seem like one of those instances.

"I think this one is [a season-ender]," Coughlin said during yesterday's conference call. "Sometimes it can. be nurtured back, but in his situation, where he plays and the degree of the injury [where] he had his arm out and it got caught ... he'll require surgery."

The Giants immediately filled Austin's spot with eight-year veteran Jimmy Kennedy. The former firstround pick out of Penn State worked out for the team last week, but waited until yesterday to sign. The Yonkers native, was more than happy to come home.

"We're not in a great frame of mind today. I feel badly for those guys and our team," Coughlin said.





Colon, rally not enough

The last time Bartolo Colon pitched more than 100 innings he was a Cy on a 3-1 fastball and landed Young Award winner.

That was back in 2005.

Since being a 21game winner for the Angels, he has not exceeded 100 innings and as he sits around 130 now, reality might be setting in for Colon.

In last night's 6-5 loss to the Athletics, Colon raised more concerns by allowing five runs and nine hits in 6 1/3 innings.

The Yankees rallied in the eighth and ninth innings, scoring five runs, but Nick Swisher left the based loaded in the ninth on a fly ball to the warning track.

It was not a good night for Colon. The right-hander gave up several hard hits, including a spectacular solo home run by rookie Brandon Allen with one

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AND HIGHLIGHTS

out in the second.

Allen's home run came 416 feet away in the lower rows of the upper

Colon's effectiveness has been among the better stories for the Yankees this year, but last night's performance gave him a 5.20 ERA in his last nine starts and his ERA in four August starts now sits at 5.72. LARRY FLEISHER





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MetLife Stadium the name

The Giants and Jets are no longer playing in the New Meadowlands. At least not in name anyway.

The new stadium — opened last year and called simply New Meadowlands — officially became MetLife Stadium yesterday.

The insurance company signed a 25-year deal as sponsor, which also includes rights to the Giants' training facility and the Meadowlands Racetrack.

Greene returns

Jets running back Shonn Greene said yesterday that his skin infection was "hyped up" by the media.

Greene missed Sunday's game, but returned to practice yesterday.

He said his foot was just a little swollen and he will play against the Giants.

A-Rod sits out game

Alex Rodriguez sat out last night's game with a jammed left thumb. We're going to assume it was unrelated to any poker playing.

Rodriguez believes the injury occurred when fielding a groundball and tried to fielded groundballs last night before telling Joe Girardi he couldn't go. He'll be sent for a precautionary X-ray.

METRO



ANGEL, CAN YOU QUIT STALLING?

We don't often get into scatological humor (Google it) in this space, mostly because many of you have just eaten breakfast and after consuming cereal or pancakes or an energy bar, who wants to talk about fecal matter?

his one's impossible to avoid.

Angel Pagan, an outfielder on the woeful Mets, had an "incident" this week. The Phillies were pummeling the Mets (again) and Pagan was supposed to be in the on-deck circle.

Instead, he was in the clubhouse. When the batter ahead of him walked, Pagan was nowhere to be found. The umpire wondered what was going on. The crowd got fussy.

Pagan finally raced to the plate and grounded out. Then, his coach pulled him from the game.

"I told the trainer, I have to go to the bathroom," Pagan told reporters. "When you're up fourth in the inning and you have to do that, it's just not fun." Pagan had a closed door meeting with manager **Terry Collins** after the game.

The whole debacle reminded me of the movie, "Parenthood." When you're sliding into home and your pants are full of ... well, you get the gist.

You can't do that on campus

By now you've heard about the Yahoo! Sports investigation into Miami's athletic program.

A booster is going to prison for operating a \$930 million Ponzi scheme, allegedly showering college athletes with cash, prostitutes, entertainment on his yacht and other stuff the NCAA deems "illegal."

The prostitutes part was

The prostitutes part was surprising. **Nevin Shapiro** claims he would invite athletes over to a party at a hotel and have dozens of hookers there. Why would football players at one of the top programs in the country need prostitutes? In South Beach? All the college athletes I've been around never had problems getting women.

 lason Raj McIntyre covers athletes off the field and runs the popular blog, The Big Lead.

Metro does not endorse the opinions of the author, or any apinions expressed on its pages. Opposing viewpoints are welcome. Please send 300-word submissions to letters@metro.us.

Wh, pal, it's

time to bat.

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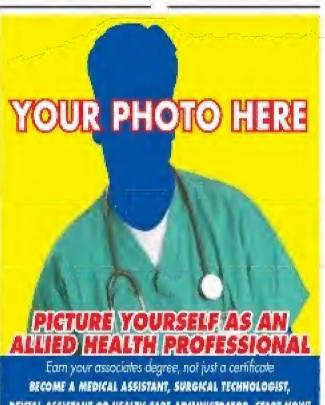
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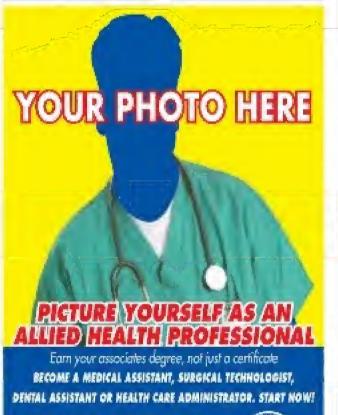
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Market watch



\$69K

1775 Madison Ave. The cheapest unit listed this week is a studio at 1775 Madison Ave. This income-restricted co-op off 116th St. is listed by Custom Brokers for \$69,000.



PRICIEST \$12.5M

The most expensive property this week is a five-bedroom townhouse at 12 W. 83rd St. A renovated townhouse, just off Central Park, it features two entrances and a state-of-the-art kitchen. It's listed by Brown Harris Stevens for \$12.5M.

STREET

StreetEasy.com is a New York-Passed real estate Information partal that aggregates the most comprehensive set of sale and rental listings along with other aseful info.



Best in show

• We scour the aisles of the 2011 New York International Gift Fair Trends to look out for when decorating your home









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Twice a year, Javits Center in New York is packed with the latest and greatest in lamps, rugs, salad bowls and more as The New York International Gift Fair rolls into town. The show one of the largest of its kind with 2,800 exhibitors from around the world features the best in home decor. We take a look at the latest trends being offered up this season.

1: Letters and numbers

Letters and numbers showed up everywhere from traditional to modern items - and that's were what buyers flocked to. We spotted examples on French linen pillows, tote bags and hand-blocked artwork. Primitives by Kathy pillow, \$17, and box sign, \$27, www.primitivesbykathy.com

2: Hicks 1960s

Geometric patterns and herringbone, inspired by '60s design king David Hicks, seemed to be enjoying a revival. Bright colors helped update the famous prints on wallpaper, rugs, pillows and furnishings.

Jonathan Adler orange herringbone rug, \$1,550, Bargello Waves pillow, \$130, www.jonathanadler.com

3: Making big weaves

Old-time craft makes a comeback as several designers constructed items using weave techniques in materials such as wicker, knit and even rubber. Crocheted Rubber Baskets, \$33-\$205, www.dwr.com



Affordable finds:

4: Umbra's Little Black Dress closet organizer: This tongue-in-cheek gadget, which can be hung over a door, keeps your jewelry and hairpins in order. \$25, www.containerstore.com

5: Make My Day ChillBall No more sipping warm glasses of pinot grigio on picnics. This little ball keeps your glass cool without diluting your drink. Travel tray, six chill balls and tongs, \$20, www.amazon.com

6: Kinto Steampot Cocoon Cook with steam instead of oil for healthy, delicious meals. And the handsome lid can be used as a serving bowl. \$50, www.amazon.com

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RENT WARS

Time to renew your lease? • We've got the ammo you need to negotiate with your landlord

o far, 2011 hasn't exactly been kind to New York renters. Though the overall real estate market has started to recover, people are still shying away from buying a home and instead choosing to stay in their less risky rentals. As a result, the rental inventory is low, and prices have skyrocketed. Since landlords don't really offer free months anymore and no-fee apartments are rare, it's a terrible time to move - and a great time to stay in your current deal. Here are some expert tips to follow when negotiating your lease with your landlord.



Do your homework

Before you begin discussions with your landlord, do as much research as possible to see what a fair price is for your apartment. "In order to get the most leverage in your negotiation, make sure to come prepared with a list of comparable units that have rented in your buildings or similar ones in the past 30 days," advises Jeff Schleider, the owner of Miron Properties. "A few minutes of research on [websites such as] Streeteasy.com should give you more than enough data."



Have a bargaining chip

"It always helps to go in with a bargaining chip, a concession you're willing to make," suggests Karen Maio, the founder of Nestio.com, an online tool for organizing your

apartment hunt. "For instance, maybe you're willing to re-sign a lease far in advance or commit to an additional year upfront. If you can give a bit on the terms of your lease, you'll be in a much stronger position to negotiate on price."

Be your own publicist

The greatest asset you provide to your landlord is your position as a tenant in good standing. And remember: Keeping you around means they don't need to find a new - and equally responsible —tenant. So make sure to remind them. how you "pay your rent in time, and aren't a nuisance," advises Steve Maschi, vice president of leasing at Glenwood Management.

Be prepared to pay up Sometimes you just can't bring your rent down past a certain point. "Everyone thinks they're paying too high on rent. You need to have perspective going into negotiating," says Maschi. If you can't stretch your budget to the terms on the table, make sure you've given yourself enough time to start searching for your next

place.





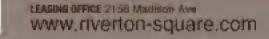
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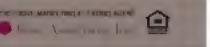
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1 BR	1-2	3.5 (w/ Dining)	\$701.36 - \$930.44	\$8,400	\$55,559 - \$84,623	N/A
1 68	1-2	4 (w/ Terrace)	\$927.45 - \$1,030.78	\$9,600	\$58,968 - \$93,975	N/A
2 BR	2-4	4.5 (No Terrace)	\$946.61 - \$1,073.00	\$10,800	\$67,319 - \$96,180***	\$76,936 - \$109,920***
2 BR	2-4	5 (w/ Terrace)	\$875.48 - \$1,129.18	\$12,000	\$67,996 - \$104,090***	\$77,712 - \$118,960***

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The bachelorette pad

Rent.com surveyed 1,000 single women to find out what they're looking for in a home Not surprising: Safety outweighs closet space

Top five

Rent.com's cities preferred by bachelorettes.

- 1. Phoenix, Ariz.
- 2. Seattle, Wash.
- 3. Austin, Texas
- 4. Denver, Colo.
- 5. Washington, D.C.

www.metr@.us

READ THE TOP 10 ONLINE

FOR THE REST OF THE LIST AND WHY THESE CITIES ARE GREAT FOR SINGLES HEAD TO

WWW.METRO.US/ HOME Christina Aragon, director of Strategy and Consumer Insights at Rent.com, breaks down the Mars versus Venus of the home market.

1. What are single ladies looking for when they rent or buy a home?

According to our data, 72 percent of single women cited a safe neighborhood as their must-have feature, while 13 percent of single women told us their No. 1 requirement was enough closet and storage space. Another 8 percent wanted a spacious kitchen above all else.

2. Are single ladies more likely to buy or rent? Why?

According to our survey, 36 percent of single women rent their current homes, while 54 percent are homeowners and another 10 percent live with friends or family for free. The likelihood of a single woman being a homeowner versus a renter can be most highly correlated to age: the older the woman, the more likely she is to own the home.

3. What's the biggest difference between what a single man is looking for in a home versus a single woman?

We found it interesting that while 42 percent of single men wanted to have eligible bachelorettes as neighbors, only 14 percent of single females felt the same way toward their male counterparts. In terms of neighbor preferences, our survey found that single females preferred to have families



with children (30 percent) or married couples without children (25 percent) close by. Furthermore, single women shared that they

would even prefer to have people with pets as neighbors (24 percent), instead of having single men next door. • METRO



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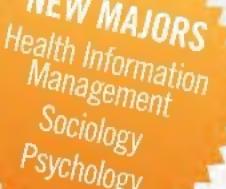


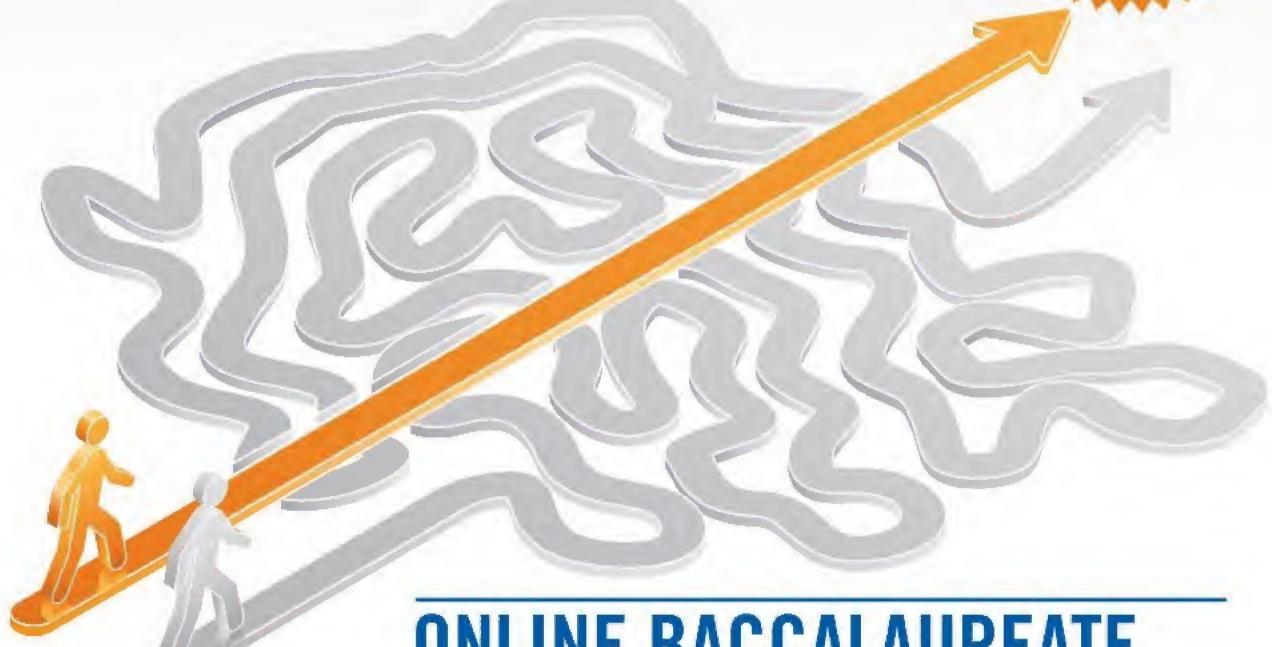


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